

2019年
11月號

沙培家書

SPYC Newsletter

歡迎
取閱!

全彩內頁

尺寸全面提升

凝聚 · 同行

一年一度課室設計比賽

不一樣的暑假

內地山區義教

Singapore Study Tour

Yan Oi Tong The 8th Continent Exploration Tour

新老師介紹

Interview of Miss Cissy Lai



編者的話

親愛的校長、家長、校友、老師、同學：

學期伊始，沙培家書帶來「新學年，新氣象」，希望能以好開始與同學一起迎接新學年的挑戰。

沙培家書創刊至今已不少年頭，但今年作為編輯委員會組成的第一年，不失為一個重要里程碑。我們編輯組將和老師一同攜手打造全新的沙培家書，以全新的面孔和大家會面。

此外，迎來沙培記者成立的第五年，我們冀發揮白綠兒女積極創新的精神，在已有基礎加以創新，務求為同學提供更豐富的校園報導。

形象上，家書採用全彩色印制，尺寸上亦有所變動，希望擺脫過往的框框，帶給讀者全新的體驗。

內容上，我們的報導將不再限制於文字和圖片上，今年將首創錄像新聞，例如近期M21和水運會。書中將附設QR code，同學可自行掃描查看相關報導。

同學之間常笑言「培英是我家」，願各位同學翻開家書時，除了對家書的新形象有耳目一新的感覺，沙培家書也能真真正正成為每個沙培人的家書，讓各位更了解沙培人事，增加大家對沙培的歸屬感。

下期家書起，每期將加設同學投稿欄目，讓同學抒發意見或分享校園趣聞，藉此加強同學與學校的連繫，亦讓同學有平台表達對身邊沙培人的感謝。投稿詳情稍後於沙培網公佈，期待各位同學的來稿！

《沙培家書》編輯委員會上

編輯資料

編輯委員會

陳佩瑩 (3C) 莊卓翹 (3C) 陳樂兒 (3D) 朱恩瞳 (4C) 陳奕琳 (4D)
黃穎嵐 (5A)

顧問

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歐淑妮老師 何建靈老師 洪嘉麗老師 林麗珊老師 李鍵豪老師

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陳楓淇老師 黎韻詩老師 李昕茜老師 Mr. Sioman Paul Lindsay

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學生投稿

余力之 (5B) 盧芊茗 (5C) 謝佩妤 (5C) 黃森媛 (5C) 姚偉樂 (6C)

封面設計

洪嘉麗老師

學生排版

許韻妍 (4A) 李詠彤 (4C) 方嘉翹 (5C)

願景 Vision Statment

並肩培育豐盛生命
攜手見證基督大愛

Together we nurture the lives of our students.
Hand in hand we witness the Love of Christ.

我們相信上帝賦予每個人不同的才幹，
在祂的眼中都是獨特的。
我們以學生為本，裝備學生以面對
全球化及知識經濟年代的挑戰。
為此我們致力幫助學生提升學業成績、
拓展國際視野；
又培養學生的創新精神，重視德育、
藝術教育及領袖培訓。
透過「啓發潛能教育」，
我們強調「讓學生閃耀」，
刻意安排機會給學生發揮潛能，
建立自信。



We celebrate a student-centred approach in running our school.
Each of the young persons entrusted to our care is unique
in the sight of God, and endowed with gifts to be nurtured.

Translated into practice,
this means that no student is to be given up on,
and the interests of students override any other interest.

Rapid societal changes require that
we equip students with qualities
which will meet new challenges.

They must have good academic performances
to survive in a knowledge-based economy,
an international outlook to embrace our nation and the world,
and confidence and innovativeness to think creatively.

The key lies in being positive with our students,
helping them to believe in themselves,
offering them opportunities
to receive training and encouraging them to perform.

This is an overall approach
which we have named Invitational Education,
expressed in our slogan
“Let our students shine” .



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SNAP!

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親愛的老師、家長、同學、校友：

先在這裏衷心向各位問安！在現時的艱難時刻，心中的平安最是寶貴。

回想八月中，心情既複雜又忐忑，面對即將開始的新學年，心中充滿無力感。相信與很多香港人一樣，心中有太多的問號，面對有生以來從未經歷的局面，真的很擔心一眾師生如何面對新學年的挑戰。感恩上帝深知我們的軟弱，在八月底教會的一個特別聚會中，藉着牧師的分享讓我得着從上而來的動力，在此特與各位分享當中的經文，希望能給大家一點點鼓勵。

校長的話

牧師當時分享的經文記載在耶利米書第29章。耶利米是以色列分裂成南、北兩國後，南國最後的一位先知，他見證着自己的國家如何被巴比倫攻佔，當中的精英更被擄到巴比倫生活。耶利米在聖經中被稱為哭泣的先知，因為面對國家處於這樣悲慘的狀況，被一個非常兇殘的政權所統治，他經常為國家的情況傷心流淚。在這樣艱難的時刻，上帝要耶利米作為一個先知，作為一個上帝的代言人，要帶出什麼訊息呢？

耶利米當時身處耶路撒冷，他寄信給被擄到巴比倫的精英分子，告訴他們從上帝而來的訊息。試想想當時被擄到巴比倫的以色列人最盼望的是什麼訊息呢？他們當然希望上帝會告訴他們，上帝很快就會將他們從邪惡的政權手中拯救出來，帶領他們重返故地，重建國家。可是耶利米告訴他們的卻是悲慘的現實，就是他們「被擄的事必長久」（耶29:28），他更提醒他們：「你們要蓋造房屋，住在其中；栽種田園，吃其中所產的；娶妻生兒女，為你們的兒子娶妻，使你們的女兒嫁人，生兒養女。在那裏生養眾多，不致減少。」（耶29:5-6）也就是說，在等候得拯救的過程中，他們仍要努力生活，仍要努力履行自己的職責，承擔各樣的責任，為家人好好工作，在艱難時期更要謹守崗位，好好鞏固自己的家庭，維繫人與人之間寶貴的關係。

更難接受的是，耶利米繼續吩咐他們：「我所使你們被擄到的那城，你們要為那城求平安，為那城禱告耶和華；因為那城得平安，你們也隨着得平安。」（耶29:7）雖然他們不想留在被擄之地，但耶利米卻吩咐他們要為所住的城好好禱告，為他們求平安，因為那城得平安，他們才能得平安。不但如此，耶利米更在其他章節中鼓勵他們要以行動活出信仰，關懷身邊的人，堅持上帝吩咐他們的核心價值及生活原則，相信上帝是公義的主，對前途仍然抱有盼望，因為上帝已經堅定的指出，他會在合適的時間作最終的審判。

「耶和華如此說：為巴比倫所定的七十年滿了以後，我要眷顧你們，向你們成就我的恩言，使你們仍回此地。耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。」(耶 29:10-11)

親愛的各位，在艱難時期我們仍要謹守崗位，好好履行上帝托付給我們的各樣責任。雖然暫時看不見曙光，仍要心存盼望，堅定相信上帝是掌控大局的神，仍要堅持上帝的核心價值，以愛及關懷對待周遭的人。在艱難時期，在世人彼此仇恨的時候，我們更要珍惜身邊的人，更要好好堅固人與人之間的關係，這是上帝的心意，是在新的一個學年上帝要我們一起學習的功課，盼望我們可以一起努力！

最後送上一首詩歌，歌名是《我們都是這樣靠主走過的》，其中的歌詞令我感動：

「面對每個夜晚 彷彿只有悲嘆
無助無奈無力 無答案 哭乾了淚眼

怒憤在蓋著眼 哪可專心禱告
誰惡誰善 誰軟弱似我 掙扎

但我主 是萬有主宰
高天的主 滿有憐恤的主
願我口 只說恩言 別再污穢
求主赦免

我們都是這樣靠主走過 浩瀚恩典夠多
黑夜降臨 無力感充滿 但在我身旁
如今萬事在我主手裡 唯獨你是君王
不用怕 再高的高牆必倒塌
竭力合一便可

別讓怨恨蓋著眼 與清心者禱告
揚善離惡 行事效法你的愛」

我最喜歡的一句是「竭力合一便可」。我們未必有能力即時改變惡劣的大環境，但盼望在沙田培英校園內，每一位成員仍然視它為我們的家。我們各人未必持相同的意見，但盼望可以堅持互相包容，彼此守望，竭力守護這片以上帝之名所創立的家園！

你們的校長
陳麗芬

建設香港讀好書

為了培養同學良好品格，提升在文化上的修養，我校有幸邀請到范建梅老師主持是次週會，介紹多本書籍，為書展打開了具吸引性的序幕。

首先，范老師提到香港人不屈不撓，能捱苦、能拼搏的精神，造就了現今繁榮的家園。原來中國人自古以來已經有勤奮的美德，她詳細介紹了中國古代皇帝以及多個詩人的書本，裏面提到流芳百世威名顯赫的古人都是孜孜不倦，能屈能伸的。相信這些例子對一眾同學在讀書，培養興趣，甚至在做人上都有所幫助。

其次，范老師也提及了許多不同種類的文章，她說看書要看不同類型的，如科學，哲學等，這樣才能增廣見聞，擴闊視野，具批判思維。

范老師的閱讀分享生動有趣，她一口氣分享了至少三十本書，充分流露她對閱讀的熱情。她選取的圖書均由她細心挑選，當中的內容令她感受殊深，對她的人生帶來深刻的影響。

最後，范老師再次提及「建設香港讀好書」，衷心希望各位同學在這次週會有所得着，能多閱讀，多理解，多思考。相信大家能透過閱讀好好裝備好自己，定不負范老師對香港新一代的憧憬，齊心建設屬於我們的美好家園——香港。



文：歐其津(3A)

攝：蘇善(3B)



直擊香港書展 體驗記者工作



在剛過去的暑假，六位「沙培小記者」參加了由香港青年協會賽馬會M21媒體空間舉辦的「M21青年新聞中心@香港書展2019」活動。同學在三節工作坊中，學習過新聞採訪、現場拍攝、新聞寫作和剪接技巧後，便馬上實踐所學，在書展進行採訪，製作報導短片，親身體驗記者的工作。

(QR code片段及相片由主辦單位提供)

郭恩信 (3D)

兩天的採訪令我留下深刻印象。

新聞中心的工作室設備齊全，環境寬敞舒適，面對闊闊湛藍的維多利亞港，我也禁不住拍了好幾張照片。

第一天的採訪題目是「書展開幕日」，我和拍檔唐浚軒負責採訪開幕的情景。當天，我成了一個真真正正的記者，採訪市民和書商，也挺順利的完成了工作——大部份人都願意接受我們的訪問，亦樂於回應，表現合作。採訪後便要拍攝現場環境，最後就是錄製旁白和拍攝新聞片尾，這部分主要由我負責，那段新聞片尾拍了差不多20次才成功。雖然只是短短三十幾字，但卻花上15分鐘。

第二天我和唐浚軒交換角色，我成了攝影師，四周拍攝。其實抬著一台攝影機來回走動也挺辛苦的，最深刻的是拍外景，我們走出了會展，到灣仔碼頭和灣仔政府綜合大樓拍人流和渡輪，那時的天氣很熱，逗留了一會已滿頭大汗，原來新聞工作者是如此艱辛的！

當我們帶著疲憊的身軀返回工作室的時候，桌上有兩份麥當勞餐在等着我們，原來是負責人請我們吃午餐，他真細心體貼。

這次我終於明白到當記者和攝影師的辛勞，在這裏我要向一眾新聞工作者致敬，你們不辭勞苦地為我們提供最新消息，又為我們獻上最真實的現場動態，令我們可更關心社會，對時事了解更多。



書展周五延長開放時間
(郭恩信、唐浚軒)

書展開幕，書有無貴處
(郭恩信、唐浚軒)

黃穎嵐 (5A)

自己素來對傳媒行業深感興趣，M21青年記者計劃除了刷新自己對傳媒行業的印象，更令我興奮的是能一嘗當記者的滋味。是次計劃分為兩天的課堂與實踐，使參加者可以全方位接觸新聞工作。平日做校園記者的時候以撰寫稿件為主，是次計劃還包括新聞拍攝與新聞剪輯的訓練，令自己在各方面的新聞報道技巧有所增進。此外，計劃亦令我切實體會傳媒的工作，例如我在書展的新聞實習中深深體驗到製作新聞的時間緊迫，拍攝與報導播出的時間可能只有幾小時，我們卻要爭分奪秒，務求在有限的時間內做好一份最完善、豐富的報道，所有人隨時需同時兼顧採訪、寫稿、拍攝、剪輯等多項工作，繁忙得連午飯都要邊做邊吃。由於記者的工作也講求團隊的默契和配合，我更體會到主動的重要，令平日內向的我在計劃中勇於踏出舒適圈，拓展平日既有的圈子。是次計劃令我深深體會到記者們緊貼社會時事、不眠不休的敬業精神，使我進一步了解新聞行業，為未來投身該行業打好基礎。



唐浚軒 (3D)

透過兩天的課程，我學會了當記者的採訪技巧，而且有機會在書展實踐所學。最深刻的是在實習採訪期間，由於尚未熟習運用攝錄器材，拿着攝錄機和腳架時顯得手忙腳亂；在邀請市民接受訪問時又曾多次被拒絕，感到失望，不過我沒有氣餒，很快又繼續嘗試。這次實習令我發現即使在上課時明白了教授內容，但在實習時卻是另一回事。此外，我也感受到當記者的辛苦，明白記者不單只要採訪，還要配合其他崗位的工作，才能完成一段新聞。



書商優惠
(黃詠嵐)



旅遊書有幾平？
(陳佩瑩)



社會議題書熱膏
(楊傲雪)



《青協書30句失言錄》
(陳佩瑩、黃詠嵐、楊傲雪)

陳佩瑩 (3C)

「快啲啦！你拍咗個扒*未呀？六點鐘要出街啦！」

「得得得！嚟緊！好快！」

這個猶如戰場般爭分奪秒的環境，正正就是記者工作的實況。身為沙培小記者的一份子，我有幸在暑假到書展參加為期七天的記者實習工作，不少片段如邊吃午餐邊剪接影片、擔任主播等都深深地烙印在我的腦海中，讓我畢生難忘。

在這次經歷中，最具挑戰性的，無疑是「扑咪」——做街訪的部分。兩個人、一支收音咪、一部攝影機，就這樣便踏上在茫茫人海中找獵物的旅途。由不斷碰釘、被狠狠拒絕，到順利訪問一個個素未謀面的市民，所獲得的成功感真是難以比擬。這都多虧導師耐心的指導、攝影師默默的陪伴和我那逐漸變厚的臉皮。

總括而言，這次的經歷不但讓我對新聞工作有了更全面的了解，也磨練我成為一個真正的小記者！

楊傲雪 (5D)

這次有幸參與M21青年新聞中心提供有關新聞製作的課程及實習工作，讓我了解到新聞行業真實的一面：日常點滴和具體的工作細項，讓人不禁驚嘆原來製作一則新聞也需耗費極大人力和物力。而在書展實習期間，不同的新聞工作崗位如採訪、剪接、攝影、撰稿等也讓我親身體驗到新聞工作的辛酸和喜悅，實在是一次充實而寶貴的經驗。



*拍扒：記者錄影總結新聞的說話

羅靜儀 (5D)

暑假悠長，空閒間參與了M21舉辦的記者體驗活動，一試記者工作。素來對剪片極有興趣的我本只想透過活動學習新聞剪片技巧，殊不知活動內容比想像的更為豐富。

七月初的課堂導師講解了撰寫新聞稿的技巧，我才發現平日電視新聞記者的稿詞編排是藏有玄機的。旁白要簡潔明晰，記者須有高度概括的能力，而為了證明記者曾親身到達現場，新聞片段的開頭或結尾都必須出現相關片段。

導師講解了拍攝與採訪技巧。原來新聞片段對背景，以至於持麥克風訪問的方法都有指定技巧。在小記者中負責剪接的我一直因工作效率過低而困擾，而在剪接的課堂中，我發現在有新新聞稿的情況下進行剪接會大大提高剪接效率。課程在擴闊我眼光的同時亦增進了我的能力，學會如何提高工作效率。

而活動的重頭戲莫過於書展實習。實習期間，導師要求我們早上八時半便到達會展中心，對於住在沙田的我簡直是個噩耗。到達會場，我們便被委派製作各種有關書展的新聞，兩至三個學生一組，一手包辦構思、拍攝、採訪、寫稿、錄音、剪接等過程，並在六時前獲導師認可接納。本以為九個小時做一則新聞綽綽有餘，殊不知拍攝採訪的過程便已困難重重。路人一見攝影機便已紛紛走避，願意接受採訪的少之又少，我們花了將近三到四個小時才完成採訪環節。而一直負責幕後的我第一次站在了鏡頭前，重試了幾次才自若流暢地完成了現場報導的鏡頭。活動令我這個幕後員工體驗了站在鏡頭前的緊張與不安感，有了一番新體會。而整天迫切緊張的節奏與長時間走動的疲勞感亦令我親身體會到記者工作的艱辛。



方寸情懷
(羅靜儀)



書展電子優惠券你用咗未
(羅靜儀)

Hi everyone!

This is Audio Book Club. It seems that not many of you know what this committee is about so we are going to introduce something about it.

Many of us are having a busy school life and it is sometimes difficult to find a book to read. This gives rise to the popularity of a new way of reading – listening to audio books. You can freely listen to the audio versions of some literary works while you are commuting, eating or even having a bath at home!

In the Audio Book Club, we adapt short stories and turn them into audio books. While we are adapting the stories, we will interpret the meaning behind and add elements that highlight the theme. Also, we will make the story more interesting to listen to for readers by creating some fun characters, conversations or sound effects.

Last year, we tried adapting a short story together. Our team thought that there was too much narration and that the theme could be difficult to understand. Therefore, we added a lot of conversations to explain the thoughts and emotions of the characters. It was actually FUN to adapt the script and have our voices recorded. It was like acting behind the microphone. The only difference was that we only had our voices to show the emotions and meanings. Upon recording all our voices, we discussed together what kind of sound effects should be added to the recording. With the help of the audio-visual 'expert' on our team, the product turned out to be a great success.

We put so much effort into the making of audio books in order to encourage you to read English books! Our products will be introduced to all of you in a short time, *stay tuned!*



Experience a Different Way of Reading

3C Chong Cheuk Kiu, Matthew



Expanding Learning beyond the Classroom

To many of us, the OLE (Other Learning Experience) Days are the highlights of the school year as we have a chance to learn beyond the classroom. Earlier this year, we went on an exchange tour of Singapore organised by the English Department with 17 other S.4 & S.5 students. The tour was a memorable experience.

A Glimpse of Singapore

After a smooth 4-hour flight, we arrived in Singapore at noon. We went sightseeing immediately after we landed. We visited the Merlion Park, where the Merlion resides. The Merlion is a statue with a lion's head and the body of a fish. We also visited the City Hall and Raffles Landing Site, where Sir Stamford Raffles set foot in the city in 1819. It was an eye-opening day as we learnt much about the rich history of Singapore.



A Fantastic Tour to Singapore

5C Lo Chin Ming, Janice
5C Tse Pui Yu, Janice

A visit to a Singaporean School

On the second day, we paid a visit to a local school called the Jurong West Secondary School. Students of the school welcomed us warmly. We first chatted about our home towns and our studies. Then the teacher representative provided us an overview of Singapore's education system. After that, we were invited to tour around the school campus and have a lesson with the students there. At recess, we all went to the canteen for some food. We were surprised by the wide variety of food the canteen had to offer. This reflected the fact that Singapore is a multicultural society. Before we bid farewell to the students, we presented them with mementos that we had brought from Hong Kong and we decided to stay in contact by social media. None of us wanted to leave as we had become really good friends during that short period of time. It was so hard to say goodbye that we kept waving to each other even though our coach was leaving. The school visit not only provided a chance for us to make new friends, but also allowed us to know more about the differences between the education system of Hong Kong and Singapore.



A Behind-the-Scenes Glimpse of the Singapore Zoo

After the school visit, we went to the Singapore Zoo for an excursion called "Behind-the-Scenes Tours". Obviously, we went behind the scenes to learn about how the zookeepers take care of the animals. We visited the Wildlife Nutrition Centre and learnt that the amount of food fed to animals has to be remarkably accurate. We also visited the Animal Hospital to learn about how sick animals are taken of. The zoo really impressed us because animals are well-catered for. After learning how the zoo is run, we had free time to explore the zoo. We were thrilled to see so many cute animals that we had never seen before.



Exploring Singapore at Our Own Pace

The third day was definitely the most exciting day! It was a day for us to explore the city. We were divided into groups and sent on a city hunt, which involved completing tasks at famous landmarks such as Chinatown and Little India with minimal teacher guidance. During the city hunt, we had the opportunity to communicate with the locals. We also had chances to get much enjoyment like wearing the beautifully coloured saris. We learnt more about the culture of Singapore and its transportation system. The city hunt was great fun for all of us.

Dynamic Singapore: City of the Present and Future

On the last day, we visited Haji Lane, a historic lane which is known for its colourful buildings and large-scale murals full of vibrant colours. The multicoloured Haji Lane was a visual feast. We took many beautiful pictures there. Before heading home, we also visited the NEWater Plant, where used water is converted into clean water which can be drunk safely. There were few workers in the factory as the water treatment is highly mechanized. We found the plant amazing as it demonstrated Singapore's foresight to attain self-sufficiency in water supply. From this visit, we learnt about Singapore's heritage conservation and technological innovation.



English as an International Language

The exchange tour was meaningful. We learnt more about Singapore's culture and development. Moreover, it provided a good chance for us to practise using English, the international language. We all know it is vital to learn and use English well, but we often find ourselves lacking the motivation and opportunities to do so. This exchange tour of Singapore, where English is frequently used, gave us impetus to use English. We realised that using English is not as difficult as we thought it was as long as we are willing to give it a try. We have now become more confident about communicating in English! We would like to thank the English Department, our teacher chaperones and our tour guide, Auntie Milly, for organising such an enjoyable trip for us! We would also like to encourage you all to step out of your comfort zone to explore the beauty of English.



My Unforgettable Experience of Winning the HKVEP Workplace English Challenge

6C Yiu Wai Lok, Rooney

*Earlier this year, I participated in a video production competition called
HKVEP WORKPLACE ENGLISH CHALLENGE*

It was organised by the Hong Kong Vocational English Programme. Contestants had to create a 3-minute video promoting one of the following messages: “Be a Smart Consumer”, “Be an Eco-friendly Citizen”, “Be a Lifelong Learner” and “Be a Friendly Companion”.

Obviously, with my great talent I was able to become the champion of the “Be an Eco-friendly Citizen” category. Don’t worry, I am just kidding. I was completely oblivious of becoming the champion. I was surprised at the news since I thought my video had been very poorly done. Let me explain why.

I decided to participate in the competition in mid-December. I was informed that I had 4 months to prepare for the video. I thought I had much time and I would be able to come up with ideas for the video... Well, I couldn’t.

5 days before the deadline, I was still not sure whether I should make a skit or a commentary. It was only after watching a YouTube music video about 2 people singing and arguing about how we should live that I hit on the idea of making a music video.

After having the idea of making a music video, I only had 3 days left. I asked a good friend of mine to create a rap beat for me and I wrote all the lyrics within 2 days. I tried to squeeze all the rhymes, facts, puns and everything I could think of into the video. Yet, I had still not finished the filming and editing parts.

The video filming was relatively easy as I received help from my friends and there weren't many bloopers. Still, it took almost half a day to finish. At that time, I only had 2 hours to edit the video.

Knowing that I only had 2 hours left to edit the video, I tried my best to combine all clips. I was so close to giving up because normally it would take me at least 3 hours to edit a YouTube video. Fortunately, I finally managed to finish making the video.

A few weeks later, I received an email congratulating me on winning the competition. It was extraordinary that I could win the competition. It was also an honour to be interviewed by the news media like Ming Pao in the presentation ceremony.

Frankly I was so glad I had participated in this contest because I learnt that I could work under strict time constraints and achieve recognition as a vlogger. Furthermore, since I had wanted to write most of the lyrics based on environmental facts and problems, I did in-depth research about them and I learnt that the pollution we humans have made is far worse than what we could imagine.

I really hope my video can encourage everyone to be an eco-friendly citizen. If you haven't watched it, you really should.



(Photos provided by the student)



R3KeRooNeY - Untitled (UNOFFICIAL MUSIC VIDEO)

This School year, we welcome Ms. Cissy Lai, our new teacher who teaches English. Recently, we had an opportunity to interview her. In the interview, she shared some of her experiences as a student and a teacher with us.

More About Ms. Cissy Lai, Our New English Teacher

2A Chow Cheuk Nam, Alicia
3B Leung Ching Hei, Lois

Becoming an English Teacher

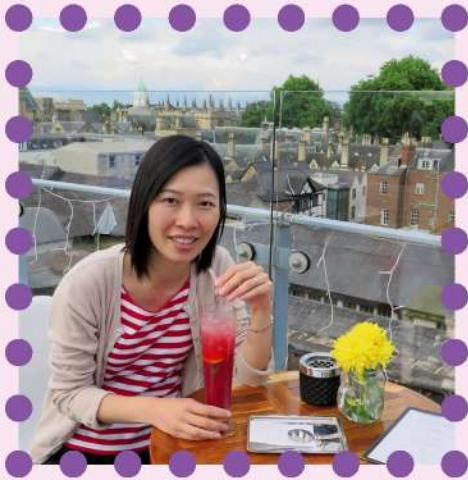
The reason why Ms. Lai became an English teacher is her avid interest in English and English Literature. Since S.3, she developed an intense interest in English films and songs like many teenagers back then. Due to this interest in English, she majored in Linguistics and Comparative Literature in university. Not long after graduation, a school hired her and she has been working as an English teacher since then.



Memorable Moments as a Teacher

Ms. Lai shared with us her unforgettable moments as a teacher. When she was still a novice, she was assigned to be an S.6 class teacher. At that time, the students were more familiar with the school than she did and she was only a few years older than them. She said the job had not been quite challenging at the beginning. However, after they had warmed to her, they took good care of her and showed her around the school. Up till now, she still remains in touch with these students and they have long become good friends. She believes that the most rewarding thing of being a teacher is to be able to witness her students grow and mature.

(Photos provided by Ms Lai)



Ms. Lai as a Student

Apart from telling us about her experiences as a teacher, Ms. Lai also shared some of her fond memories as a student. She studied at a traditional girls' school which put a lot of stress on the academic aspect. One vivid memory she had about her school life happened in S.6. Studying Literature in English, she and her classmates had to work on a portfolio for the public examination. Completing the portfolio was arduous and back-breaking. It once tested their patience, but at the end, they were able to finish after many trials and their hard work paid off. After so many years, she still keeps the precious portfolio at home and feels grateful whenever she has time to re-read it.

Reasons for Changing Jobs

Ms. Lai explained that she had been teaching at her previous school for a long time, and she had always wanted to make a change. By coincidence, she saw the English teacher posting of our school on the Internet and decided to give it a try. When given an offer, she had a little struggle about whether she should leave or stay. But eventually, she chose to meet the challenge squarely, step out of her comfort zone and serve our school.

Impression of Our School

Ms. Lai thinks that students here are polite, and some have helped her through obstacles of fitting in. She told us that the previous school she worked at was a girls' school, meaning that she had not taught boys before. Therefore, she finds teaching boys challenging but stimulating. Furthermore, she told us that unlike students in her previous school, students here are cheerful and sometimes boisterous. Noticing a great difference, she said that she is still fitting in and adapting.



Activities during Leisure Time

Work is exhausting, so Ms. Lai spares time to unwind. At weekends, she tries her best to make time to do things she likes such as going to a movie. Back then when she was in her previous school, she spared time to learn watercolor and oil painting. However, to focus her energy on adjusting to the new workplace, she has stopped this leisure activity temporarily. She hoped that she would have the time to pick up the hobby again later.

Words for Readers

Ms. Lai hopes that our students could treasure opportunities offered by the school, treasure everything offered by the school, and cherish their joyful and colourful school life.

Our warmest welcome to Ms. Lai and wish her a fruitful year ahead.

JENNY NG LEARNS MUCH FROM UNICEF YOUNG ENVOYS PROGRAMME 2019

(Photos provided by the interviewee)

2A Liu Pak Hei, Vanness
3A Chan Man Ho, Jeddy

Jenny Ng from 6C recently participated in the UNICEF Young Envoys Programme 2019, which allowed her to explore global and local issues in relation to children's rights to survival, protection, development and participation. As part of the programme, she travelled to Yunnan in China to know more about the social environment there and how UNICEF had helped to improve it. We interviewed Jenny to know more about the programme itself and her experience in the programme.

REASONS FOR JOINING THE PROGRAMME

Jenny said that she first knew about the programme through a sharing made by some former students who had participated in it. She then took an interest in UNICEF's work. She wanted to join the programme in order to make a conscious effort to promote children's rights.



INITIAL IMPRESSION OF THE PROGRAMME

Although Jenny had relevant experience in charitable work like being an ORBIS Student Ambassador, she told us that she was still slightly nervous when she first participated in activities of the Young Envoys Programme. She did not know other participants and she was unfamiliar with the settings. Nonetheless, she adapted to the environment remarkably well as she soon realised she and her teammates were working towards the same goal — promoting children's rights.



CHALLENGES ENCOUNTERED

Jenny faced several challenges in the programme. She said that time management was one major challenge. To be successfully appointed as a Young Envoy upon completion of the programme, she was required to go through a 10-month training period. In those 10 months, she also often had to organise and plan the activities with her teammates from scratch. She sometimes found it hard to fit everything into her schedule and strike a balance between study and the programme. Moreover, the Yunnan field trip was a period of intense activities. For instance, she had to go on long hikes as Yunnan was an undeveloped province. The briefings at night often lasted till midnight. Yet, Jenny managed to rise to the challenges. She did not forget the ultimate goal — promoting children's rights.



A BUSY BUT FRUITFUL TIME

Jenny reaped many benefits from the programme. Some of them were those she had never expected. Firstly, as she needed to collaborate with her teammates, she learned various skills such as cooperation, communication and presentation skills. Secondly, she thought that the Yunnan trip was an unforgettable experience as she could use another perspective to see the world. To take one example, she visited the beneficiaries of UNICEF work and the facilities built for them such as a kindergarten that was rebuilt after severe destruction by flood. That was something she would never have been to do without joining the programme. Last but not least, while she was hiking in Yunnan, she was able to enjoy a breathtaking panorama of nature. Overall, the experience was quite an eye-opener and very worthwhile.



FUTURE PLANS

When Jenny was asked whether she would continue to participate in similar activities in the future, she responded that she probably would as she would be informed by UNICEF when similar activities would be organised. She believed that UNICEF wanted the spirit of them to be passed down to others, in particular the next generation.

She hoped that local youngsters would better understand the difficulties and challenges children around the world face, and strive to bring changes to their lives.

WORDS FOR US

Jenny suggested that the future is in our hands and hence we should grasp our opportunities to broaden our horizons before it is too late. As global citizens, we should show more initiative to better understand current issues around the world.



KENDY WONG: ONE SMALL STEP TO CONSERVE THE ENVIRONMENT

(Photos provided by the interviewee)



2B Lee Ming Yan, Joyce
4C Fong Ching, Sara



During the summer holiday, Kendy Wong from 5D joined Yan Oi Tong's 8th Continent Exploration Tour of Madagascar. Madagascar is an Eastern African country which is well-known for high biodiversity and stunning scenery. She shared her experience of the trip and reflection on it with us.

INITIAL IMPRESSION OF MADAGASCAR

Before the trip, Kendy already knew that Madagascar is a place with serious deforestation. She had an impression that people in Madagascar lacked environmental awareness and conservation. She believed that they would sacrifice Madagascar's natural environment for its economic development.

BIGGEST WORRIES ABOUT THE TRIP

As Madagascar has a hot and humid climate, Kendy was worried about the insects and mosquitoes that inhabited the area. Moreover, she was not sure if she was ready for the trip and if she could adapt to the different climate and environment in Madagascar.



UNFORGETTABLE EXPERIENCE

Kendy described the trip as being rich and unforgettable. She and her teammates stayed at the urban area for about 2 days. They then visited different campsites and national parks in the rural areas. She was amazed by the park rangers' commitment to conserve the environment. They had extensive knowledge of wildlife such as lemurs, one of the iconic animals of Madagascar. They also demonstrated some environmentally-friendly actions to protect animals and the environment. She recalled the moment when a ranger asked her and her teammates to keep quiet in order not to disturb the lemurs in the park. She was deeply touched by the ranger's effort to protect the animals. That was a huge contrast to the destruction outside the parks.

DRAWING INSPIRATION FROM THE TRIP

Kendy witnessed damage to the environment in Madagascar. She would like to advocate the importance of protecting the environment. She believes that one small step can make a big difference. She hopes that her friends and other students can take action to stop the environmental degradation and understand that their actions can inspire others to also understand the importance of that. Therefore, she participated in radio programmes and school sharing sessions to promote the idea.

FINAL REMARKS

Kendy said that the trip was an invaluable experience. She recommends students to participate in tours organised by Yan Oi Tong as the chance of visiting other countries is quite rare. As global warming is getting more serious, all of us, being global citizens, have the responsibility to act now and preserve the environment.



甜苦交雜的 咖啡拉花

文：楊傲雲(5D)
攝：吳芷樂(5D)、羅靜儀(5D)、
洪嘉麗老師

今年培英舉辦咖啡拉花課程，由身為咖啡師的師兄Nelson擔任導師，教授同學有關咖啡的知識及咖啡拉花技巧。Nelson表示，他開發咖啡拉花課程，除了想回饋母校外，亦想讓培英的課外活動變得多元化。他期望師弟妹能夠尋找自己的興趣及發展一技之長，從繁瑣的學業中透過咖啡拉花找到讓心靈歇息的空間。在教授的過程中，Nelson發現培英的學弟學妹普遍比較害羞內儉，有時候即使對課堂的知識感到困惑也不敢發問。因此他決定以一個特別的教學方法——在教授沖調咖啡及拉花的過程中故意教錯一些步驟，「迫」同學因過程不順而主動尋求協助，增加他們的主動性和求知欲。而對於能力、個性不同的同學，Nelson會因材施教，因應同學的性格或鞭策、或鼓勵，讓同學逐步鞏固所學技巧，慢慢看到自己的進步，增加自信心，同時也能意識到自己實力的渺小，以更謙虛的態度在咖啡之道上尋求進步。



在不斷的練習中，同學除了學習到咖啡拉花的技巧外，更感受良多。5D班吳芷樂同學表示，咖啡拉花其中的技巧在於精準控制沖調的角度，需要不斷揣摩嘗試，練習時偶爾會有咖啡濺出來，沾上了校服，但這點點滴滴的咖啡漬，正好是她努力的痕跡，成長的記號，一路上磕磕絆絆走着，見證她由一個對咖啡一竅不通的門外漢，成長為一個能拉出完美心型咖啡圖案的學徒。而5D班的李衍旻同學則在咖啡拉花的過程中學會放慢自己的生活節奏，就如在拉花的過程中，發紋速度太快就會令紋路難以順利流出和清晰顯現，做事一味求快只會弄巧反拙，難有成果。故李同學明白到人生應該放慢節奏，不要被這個城市急速的步伐牽著鼻子走。



同學經過一系列的咖啡拉花課程後，便小試牛刀，參加香港學界咖啡拉花比賽，在多場的比賽中，李衍旻同學勇創佳績，進入了十六強決賽。雖然最終她在十六強止步了，感到非常可惜，但她認為能見識到各方選手的優秀之處，開闊眼界，也能遂心滿足。賽後她重新檢視自己的錯誤，從中吸取教訓，希望為來年的比賽作好準備，打破自身的限制和記錄。



我們不一樣的暑假：內地山區義教

(相片由學生提供)

5B 余力之

還記得第一個晚上，與室友推開宿舍大門，馬上看見有大甲由，頭頂的兩把小風扇完全讓我們感受不到一絲涼快。心中曾想：為何我要放棄家中舒適的高床軟枕，為何我要花費這麼多的時間來到這裡？我連自己都懷疑自己的所為，但當我看見小朋友的笑容，答案出現了，當初參加義教的信念更加堅定。

雖然每天嘴上都說「很想回家」，但當離別之際，卻恨不得時間可以停下來，讓自己可以繼續留在太保鎮。雖然短短幾日，但相處的時光、一點一滴讓我捨不得孩子，捨不得連山的藍天，捨不得這次義教。我感恩自己有機會離開石屏森林，成為義教的一份子，一同感受「施比受更為有福」。雖然今次我們在行程所做的只是微不足道的小事，與他們相處的數天，我們可以做的只有很少：和他們玩些小玩兒、唱唱歌兒和聊聊天等，我不知道這些東西可以為他們的生活帶來什麼的改變，但至少我們賺到一段美好的回憶。我們永遠無法想像一句說話，一個行為的威力。我深信對孩子、對自己的影響不僅是這幾天，而是一輩子！





5C 盧芊茗

上旅遊巴前，心中還是無數句「我要回家」！直至見到宿舍的環境，真的想像不到要在這裡待一個星期。到第一個教學日，所有學生都好像對學習沒太大興趣，所以自己也沒太大動力去繼續教。但隨著一天一天的過去，才慢慢發現他們的改變，上課愈來愈積極，更會主動找我們談天，玩遊戲。到了最後一天，他們竟然主動過來抱著我們說：「老師可以不走嗎？」。我從沒想過我到離別一刻會捨不得，短短七天已經建立了很深厚的感情。小朋友臉上的笑容，與他們一起的時光，使這次義教即使需要忍受各種折磨亦覺值得，沒有後悔自己當初參加義教的決定。這次義教是個難忘的經驗，感恩在這裡遇到的所有人和事！

5C 黃森媛

我一向不善於教導小朋友，所以在出發前一直惴惴不安，害怕不能教好自己的班。可是當我和他們接觸之後，害怕的不是自己能不能教好他們，而是他們願不願意上課。A班的學生比較調皮，上課的時候要花很多時間和精力去控制場面，所以每次上課對我來說都是新的挑戰。幸好有其他同行的義工一路陪伴，我才有動力堅持下去，非常感謝他們！這次的義教絕對是我平時難以得到的體驗，學到不少東西，自身的抗逆能力和溝通能力也得以進步，十分感謝主辦機構給了我這個機會去連山義教！

UNITY

凝聚 · 同行 課室設計比賽





文：朱恩瞳(4C)

攝：陳奕琳(4D)、陳諾賢(5C)、
曾繁宇(5D)、阮思雅(6D)

(部分相片由白綠攝影社提供)

水運會快拍





水運會於10月18日假馬鞍山游泳池舉行，經過一連串緊湊的賽事，結果已經出爐！今屆水運會共刷新兩項紀錄，恭喜同學屬創佳績！

今屆賽事共有47場比賽，競爭激烈。每年均備受矚目的班際賽事——4 X 100米男女混合接力——今年各級的冠軍分別為1C、2D、3B、4D、5C、6B。各班派出的代表不乏技術高超的游泳能手，不時可看見台上的同學為其歡呼，讚嘆他們優秀的表現。當同班選手落後時，同學們也會為他們加油打氣，會場瀰漫着青春熱血的氣息。

團體成績方面，中三級中社和中一級存社分別取得男子和女子團體冠軍，而存社更獲得社際全場冠軍，可謂青出於藍！

初次參加水運會的許天朗同學(1B)表示，比賽進行期間，看台上的觀眾都為參賽者打氣，氣氛熾熱。而劉瑋淇同學(1C)則認為，對自己班而言，同學之間彼此認識不深，但透過今次接力比賽，令彼此更為熟絡，關係也變得更好。

是次比賽中，眾健兒勝而不驕，敗而不餒，全都竭盡所能，做到最好，體現出寶書的體育精神。今年水運會在一片歡呼聲中結束，期望下年的賽事會更加精彩！



(Photos provided by the interviewee)

Stephy Chow Accomplishes Much in Rope Skipping

3B Lee Chun Him, Karsten
3C Chan Bo Hei, Ryan

Stephy Chow from 4B is a gifted rope skipper who plays for the Hong Kong Rope Skipping Team. During the summer holiday, she joined the World Jump Rope Championship in Oslo in Norway. She shared her skipping career and how skipping has changed her life with us.

Stephy's First Encounter with Rope Skipping

Stephy started to learn rope skipping when she was in P.3. Her father arranged for her to join a basic summer rope skipping course. She said that at that time, it was just a novelty and an extra-curricular activity for her. She had never thought that she could be a member of the Hong Kong team. However, by a happy coincidence, the coach of the course was an alumnus of her primary school. He began teaching rope skipping there in the new school year and she was encouraged to continue practicing the sport. As she had learnt rope skipping before, she performed better than the other participants. That gave her a strong sense of achievement and she started to enjoy it.

Participating in Championships

When she was in P.5, she participated in the Hong Kong Jump Rope Championship. She scored enough points in the championship to join the Hong Kong team. She has represented Hong Kong in different rope skipping competitions overseas since then.

Challenging but Worthwhile Competitions

Stephy has participated in different overseas rope-skipping competitions. To her, the most challenging competition was the World Jump Rope Championship (WJRC) in the United States. When she arrived, there was only one day for training and adapting to the venue. Right after a day, she already had to compete with athletes from other countries in many different events in the competition. She was quite tense and found it hard to deliver a brilliant performance. Also, since it was not her first time to join the competition, she had to take care of other younger teammates. Moreover, she had to remain calm even if she had made a mistake because she had to compete in other events right away. However, she still enjoys taking part in the annual WJRC. There is a day called Gala, when organisers host a party for athletes to relax and get to know each other after the competition. There is also a training camp where better athletes from each region share their skills with other athletes.



How Skipping Inspired Stephy

Later on, we asked Stephy if skipping inspired her much. She replied that her career might seem successful but it involved blood, sweat and tears. She has learnt the importance of dexterity and persistence.

Maintaining Balance between Study and Skipping

Stephy finds it very hard to maintain a balance between rope skipping and study as she has become a senior form student. In the past, she had three training sessions each week. Yet, being a senior form student, she has a hectic schedule. Time to practise rope skipping has inevitably been reduced. She has to put considerable effort to squeeze rope skipping practice in. Her determination is frequently tested but she will never give up and will work even harder than before.



Dreams Stephy Wants to Realise

Stephy wants to excel herself in her study. She later wants to develop a rope skipping career. She aspires to be a rope skipping coach or a full-time rope skipping athlete.

We wish Stephy and all students every success in the future. Let's hope they soar high into the air like eagles.

MICHELLE CHAN SHINES IN A.S. WATSON GROUP HONG KONG STUDENTS SPORTS AWARD 2018/2019

3B Pun Tsz Ki, Stella
3C Tsang Yan Ning, Olivia



Michelle Chan from 6D, who is passionate about sports, participated in the A.S. Watson Group Hong Kong Students Sports Award 2018-2019. She then had a chance to take the Sports Exchange Tour of Thailand held during the summer holiday. After the tour, she shared the experience with us.

More about the Sports Award and the Exchange Tour

The A.S. Watson Group Hong Kong Student Sports Awards was founded in 2005. It aims to recognise young athletes and encourage them to pursue their interests and to unleash their potential. Last year, Michelle was nominated by our school to take part in the Award scheme. Demonstrating great potential, outstanding performance and good conduct in sport, she was given the opportunity to join the Sports Exchange Tour of Thailand, which was the highlight of the Award Scheme, in the summer holiday.

Brand New Experience

Being part of an exchange tour was a novel experience for Michelle. At first, she worried about how to get along with the members of the exchange tour as they came from different schools and they were of diverse areas of expertise in sports. However, she soon found out that the members had easy-going personalities, so they quickly became friends during the tour. Moreover, as the members were divided into several groups which were comprised of both primary and secondary students, the secondary students like her had to take care of those who were younger than them. That improved their patience and leadership, which are important traits for an athlete. All these made the tour worthwhile.



(Photos provided by the interviewee)

Extraordinary Encounter with Sports and Heritage

To Michelle, what also made the trip worthwhile was the wide variety of stimulating programmes offered by the tour. Before the tour, she had always wanted to learn Thai boxing, which is officially called Muay Thai. However, because of the age restrictions, she had not tried Thai boxing in Hong Kong before. During the tour, she got a chance to be a Thai boxer. Thai boxing was much more difficult than she had imagined. In addition to the accuracy of movement, Thai boxing also requires patience as the boxers have to count beats. She also attempted a traditional Thai sport called sepak takraw, which is a novelty to many in Hong Kong. Sepak takraw is also known as "foot volleyball". It involves the use of a rattan ball. Players can only use their feet, knee, chest and head to touch the ball. Michelle was thrilled at the chance of trying the sport and receiving a rattan ball as a souvenir of the tour. She was additionally thrilled with the opportunities to visit the training centres, meet the national athletes and watch a friendly volleyball match between Thai and Japanese junior teams.

Apart from the sports-related programme, Michelle had the chance to visit different significant landmarks. One example was a visit to the Erawan Museum, where the Three-Headed Elephant Statue stands. She broadened her horizons and enriched her understanding of the country's history and culture.



Reflections on the Tour

After going on the Thailand Sports Exchange Tour, Michelle admires other athletes' exceptional talent for sports and the sportsmanship of Thai athletes. She also admires their great stamina and tolerance as many of the training facilities are not air-conditioned. She is thankful that Hong Kong has a wide range of modern sports facilities that she can make use of. Finally, she encourages students who love sports to grab the opportunity to participate in the Sports Award scheme in order to develop a positive attitude and to expand their horizons.



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